|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| M | T | W | Th | F | Sat | Sun |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

Breakfast

Lunch

Dinner

**Shopping List**

Food items \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*Calculate how much of each item you will need for one week.